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A Time of Purpose and Intention

I come to you with a heavy heart, reflecting on life after the recent loss of my beloved son, Gordon, who passed away just a few weeks ago at the age of 27. No words can fully capture the depth of my grief, the emptiness it has left in my heart or the gaping hole in the pit of my being. Losing a child is a pain no parent should ever have to experience or endure, and now it's a pain that cries in my own heart.

Yet, even in the midst of my sorrow and grief, I find myself contemplating the future and how I will choose to spend the years ahead. Gordon's passing has profoundly shifted my perspective, reminding me how fragile and precious life truly is, and how important it is to make every moment count. The next chapter of my life feels more significant than ever, and I am determined to fill it with more meaning, more love, and more purpose—actions that honor the love Gordon gave me.

First and foremost, I am committed to carrying forward his light. Gordon was a bright, authentic and kind soul who touched so many lives. Whether through acts of kindness, community involvement or simply being present for others, I will ensure that his spirit continues to shine through me. In many ways, his vibrant life will help guide my path forward.

I also feel a renewed desire to deepen my relationships with those who matter most to me. Gordon's loss has reminded me of the importance of being truly present with the people we love—showing up fully, sharing love openly and creating lasting memories. Time is not promised to any of us, and even though I am a rollercoaster of emotions, I intend to make the most of it by nurturing the connections that bring joy, comfort and meaning to my life.



Above all, I want to live a life of love. Losing someone so close has shown me that love is the most enduring legacy we leave behind. It binds us together, sustains us through our hardest moments and gives us the strength to keep moving forward—because love is what remains when everything else fades away.

Thank you for being part of this journey with me. Together, we will honor the past, cherish the present and look to the future with hope and love.

I love you with all my heart and soul Gordon Joseph, my dear, sweet, kind son!!

I am so delighted to share with you Gordie's favorite song, *Ladyfingers,* by Herb Alpert and the Tijuana Brass Band. He fell in love with this song after finding the vinyl record that was released in 1965 at his grandparents' home … Enjoy!

Trina



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LOCAL CONTACT

734-757-7929

Publisher@HealthyLivingMichigan.com

HealthyLivingMichigan.com

P.O. Box 2717, Ann Arbor, MI 48106

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Publishers **John & Trina Voell III**
Design & Production **John & Trina Voell III**
Ad Design **Josh Halay**
Editors **John & Trina Voell III**
Proofreader **Randy Kambic**
Calendar **Theresa Archer**
Sales & Marketing **John & Trina Voell III**
Distribution **Gordon Kutella**, **JP Pausch**, **John & Trina Voell III**
Website Design **Locable**
Website & Social Media **Carolyn Coogan**, **SherTech**

NATIONAL TEAM

CEO **Kimberly B. Whittle**
National Editor **Sandra Yeyati**
Editor **Brooke Goode**
Copy Editor/Proofing **Melanie Rankin**
Layout **Flip180 Media**

NATIONAL CONTACT

Natural Awakenings Publishing Corporation

350 Main Street, Suite 9B

Bedminster, NJ 07921

Ph: 239-206-2000

NaturalAwakenings@KnoWEwell.com

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Photo Credit: Crystal Mountain

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Mobile Holistic Veterinary Care Available in Washtenaw County

Whole Life Veterinary Services offers mobile holistic veterinary care for animals in Greater Ann Arbor and Washtenaw County. Led by Dr. Denise Bickel, an experienced veterinarian, the practice combines Western medical knowledge with Traditional Chinese Veterinary Medicine (TCVM) and acupuncture, providing comprehensive treatments in the comfort of the animal's home or barn.



Dr. Denise Bickel and Brennir

For horses, Whole Life Veterinary Services uses both Western diagnostic tools, such as radiographs and ultrasounds, along with Chinese diagnostics, including Acupoint scanning. Standard treatments like joint injections are available, along with holistic therapies such as acupuncture, chiropractic care and laser therapy. This integrated approach provides effective solutions for animals that may not have responded to conventional treatments.

Laser therapy and acupuncture are beneficial for managing chronic conditions like arthritis or aiding post-surgery recovery. For those seeking alternative treatments, Chinese herbal therapy offers natural and effective options with minimal side effects, sourced ethically from Jing Tang Herbal Pharmacy.

The practice also provides specialized end-of-life care, offering in-home euthanasia services. Bickel ensures a compassionate and peaceful process, supporting pets and their families during this difficult time.

Location: Greater Ann Arbor and Washtenaw County. To make an appointment or for more information, call 517-474-4050 or visit WholeLifeVeterinary.com. *See ad page 23.*

Karen P. Kerr Offers Compassionate Integrative Psychotherapy for Adolescents to Seniors

Karen P. Kerr, a licensed clinical social worker and therapist, provides both online and in-person integrative psychotherapy services for individuals from adolescence through the elder years. With a compassionate, strength-based approach, Kerr is dedicated to providing a safe, non-judgmental environment where clients can explore and address life challenges. Her practice emphasizes the universal need for acceptance, connection and belonging, especially during transitional or difficult periods.

Kerr's therapeutic approach is rooted in a combination of evidence-based practices tailored to each client's needs. She integrates mindfulness, emotional healing techniques and advanced modalities such as Eye Movement Desensitization and Reprocessing, polyvagal theory, energy psychology and the Enneagram system. This dynamic framework allows her to work collaboratively with clients to develop essential skills like self-compassion, stress management and improved emotional regulation, fostering personal empowerment and resilience.



Karen P. Kerr

With over 40 years of experience, Kerr holds a Master of Social Work from Wayne State University and is certified in multiple therapeutic disciplines. She accepts major insurance plans, including Blue Cross/Blue Shield and Medicare, and offers a sliding scale for private pay options to ensure accessibility for all.

Location: 2010 Hogback Rd., Ste. 6E, Ann Arbor. To make an appointment or for more information, call 734-660-5610 or visit . *See ad page 28.*

Dynamic Health Utilizes Electroacupuncture and Quantum Reflex Analysis for Optimal Healing

Dynamic Health, a holistic wellness clinic in Ann Arbor, emphasizes a distinct approach to addressing health issues by seeking root imbalances rather than merely suppressing symptoms. Under the expertise of Dr. Dennis Cousino, ND, Dynamic Health offers a variety of non-invasive diagnostic and treatment methods that include electrodermal screening, Quantum Reflex Analysis, and infrared thermometry. This comprehensive approach enables the clinic to create individualized treatment plans aimed at restoring the body's natural balance.



Cousino primarily employs Electroacupuncture according to Voll to evaluate clients' meridians and pinpoint areas requiring support. This painless, bioenergetic method uses micro-currents to gather feedback from the body's systems, allowing Cousino to determine specific remedies for health optimization. Quantum Reflex Analysis, another technique offered, leverages muscle testing to identify weaknesses within organ systems and guide targeted support.

Dynamic Health integrates additional holistic therapies, including nutritional therapy and customized detox programs. The clinic also supports clients with access to high-quality, nutraceutical remedies and spa services. For clients interested in improving dietary habits, Dynamic Health provides a Dietary Guidelines booklet and collaborates with a local farm, Farm Fresh Freezer Meals, to offer organic, nutrient-dense meal options.

Location: 6360 Jackson Rd., Ste. M, Ann Arbor. To make an appointment or for more information, call 734-997-9400 or visit DynamicHealthServices.com.

Holistic Healing and Chiropractic Center Provides Comprehensive Wellness to Ann Arbor Community



Holistic Healing and Chiropractic Center, a trusted name in holistic health since 2012, continues to support Ann Arbor residents and surrounding communities on their journey toward optimal well-being. With a dedicated focus on family-oriented wellness, this center provides a wide array of services, including chiropractic care for both humans and pets, Nutrition Response Testing, massage therapy, ionic foot baths and advanced therapies such as PEMF, dolphin neurostim and laser therapy.

Led by Dr. Sarah Wilkinson and Dr. Eric Zatkin, the center operates on the belief that natural solutions are pivotal in achieving vibrant health without relying on unnecessary drugs or surgeries. Wilkinson and Zatkin emphasize gentle adjustments and innovative therapeutic techniques, aiming to realign the body, enhance nervous system communication and promote the body's innate ability to self-heal and adapt. Both doctors bring extensive experience in chiropractic care and specialize in addressing a range of needs from acute pain to metabolic concerns, neurological support and overall family wellness.

For the Ann Arbor community, Holistic Healing and Chiropractic Center serves as a hub for those seeking non-invasive, individualized care, offering a compassionate and knowledgeable team ready to assist patients of all ages, including those with specialized needs. This center is dedicated to facilitating positive life changes and empowering each patient with tools for lasting health.

Location: 283 S. Zeeb Rd., Ste. M, Ann Arbor. To make an appointment or for more information, call 734-369-2032 or visit HolisticHealingAnnArbor.com.

Natural Healing Center Provides Holistic Wellness Services with Specialized Practitioners



Denise Held

The Natural Healing Center, a trusted name in alternative wellness, offers an expanded range of holistic services for clients seeking balance in mind, body and spirit. Situated in a serene environment, the center provides acupuncture, reflexology, reiki and therapeutic massage, each uniquely tailored to support individual healing needs.

The center's team of seasoned practitioners brings specialized skills to enhance client well-being. Annie Kopko, a licensed massage therapist and reflexologist, blends therapeutic massage techniques with energy healing, focusing on stress relief and pain management. Denise Held, RN, a certified reflexologist, utilizes Reflexolo-Chi to address foot pain, reduce stress and promote optimal health. Jessica Walsh, a board-certified acupuncturist, specializes in Traditional Chinese Medicine, using acupuncture to treat pain, migraines and insomnia, among other conditions. Kathryn Joy, a licensed massage therapist and Reiki Master, combines gentle Swedish massage techniques with reiki to relieve tension and foster relaxation. Amy Feger, also a licensed massage therapist and Reiki Master, offers targeted deep-tissue massage and reiki for pain relief and calm.

The center's acupuncture services employ the art of inserting thin needles at strategic points, or acupoints, on the body to promote energy flow, known as "qi." This technique stimulates nerves and muscles, increasing blood flow and releasing natural painkillers, making it beneficial for conditions like neck pain, sciatica and insomnia.

Reflexology services focus on therapeutic foot massage, based on the premise that areas of the feet, called reflex zones, correspond to organs and glands in the body. Massaging these zones helps the corresponding organs function optimally and reduces stress by calming the nervous system, allowing the body to relax and heal itself more effectively.

Reiki offers a gentle, hands-on healing approach that balances life force energy and promotes deep relaxation, often leading to reduced physical pain and emotional clarity. Clients frequently experience less discomfort following reiki sessions, with benefits that continue beyond the initial session.

Therapeutic Massage incorporates various techniques to improve circulation, relieve muscle tension and promote relaxation. Known to help alleviate conditions like back pain and anxiety, regular massage sessions can enhance flexibility, support faster recovery from injury and foster a deep sense of calm and well-being.

Location: 2002 Hogback Rd., Ste. 14, Ann Arbor. To make an appointment or for more information, call 734-555-1212 or visit NhcA2.com.





Slow Aging Naturally with NAD+ Therapy

NAD+ infusions are a powerful way to support overall wellness and combat the effects of aging. Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme present in every living cell, essential for cellular function and energy production. As people age, NAD+ levels naturally decline, leading to symptoms like fatigue, cognitive decline and increased inflammation. By delivering NAD+ directly into the bloodstream via IV therapy, individuals can experience improved brain function, reduced inflammation and increased energy levels. This therapy has been particularly beneficial for those suffering from conditions such as Parkinson's disease, Alzheimer's and chronic fatigue syndrome.

A healthy diet and proper supplementation can further enhance the benefits of NAD+ infusions, supporting long-term vitality and wellness.

Location: 1226 Michigan Ave., East Lansing. To make an appointment or for more information, call 517-333-7270 or visit WycoffWellness.com. See ad on back cover.



Physiological Response to Spirituality

A 2023 study in *Integrative Medicine Reports* involving 68 undergraduate college students evaluated the physiological effects of an eight-week wellness intervention called Awakened Awareness for Adolescents and Emerging Adults designed to help participants develop a personal relationship with their higher self and a higher power, while broadening their awareness toward outward accomplishments.

At the beginning of the study, the researchers collected self-reported information about clinical, psychological and spiritual well-being from the participants and measured their heart rate variability (HRV)—the slight variation in time between heartbeats. HRV is an indirect measure of stress because it indicates the balance between the sympathetic and parasympathetic branches of the nervous system. A person in a fight-or-flight mode will have lower HRV, whereas a relaxed person may have higher HRV.

Participants attended weekly, 90-minute group sessions. After the last session, the same HRV and well-being data were collected. Significant improvements were noted in the participants' HRV, suggesting improvements in the ability to recover from stress and spiritual decline. Further research is required to fully understand the role of spirituality in resilience and recovery from stress.



Homeopathy for Arm Fracture

Fractures of the upper end of the humerus, or upper arm bone, that connects to the shoulder joint are the third-most common fractures among the elderly. In a case report published in *Integrative Medicine Reports*, a 53-year-old patient with multiple fractures of the humerus selected homeopathy rather than surgery to repair the fractures, which consisted of keeping the arm and shoulder immobilized and daily doses of a homeopathic anti-inflammatory made from the roots and leaves of *Symphytum officinale*, commonly referred to as the comfrey plant.

After two weeks, a follow-up X-ray showed the first signs of healing, and the patient reported a reduction of pain. After three weeks, the fracture had consolidated, and the patient was advised to start

gentle movement of the arm. The final X-ray after six weeks of homeopathic treatment showed the fracture had healed.



Cardiometabolic Benefits of Caffeine

A study in *The Journal of Clinical Endocrinology & Metabolism* found that moderate coffee or caffeine intake was associated with a lower risk of developing cardiovascular disease. Researchers in China and Sweden analyzed the consumption habits of more than 188,000 coffee and tea drinkers in the UK Biobank, a large database of genetic, health and lifestyle information from half a million participants accumulated since 2006.

None of the participants in the study were diagnosed with cardiometabolic disease, which is defined as having at least two of three conditions—Type 2 diabetes, coronary heart disease or stroke. After tracking these participants for 12 years, the researchers found that those consuming 200 to 300 milligrams of caffeine daily had a lower risk of cardiometabolic disease than those consuming less than 100 milligrams. Coffee drinkers had a nearly 50 percent reduction in risk. A 12-ounce cup of coffee contains 100 to 180 milligrams of caffeine.



Microplastics Found in Part of the Brain

According to a study published in *JAMA Network Open*, Brazilian scientists discovered microplastics in the olfactory bulb, a rounded structure of the brain above each nasal cavity that receives information from the nose and relays it to the brain. Upon analyzing samples of olfactory bulb tissue from 15 deceased individuals, the researchers found tiny microplastics in eight of them, including polypropylene, polyamide, nylon and polyethylene vinyl acetate. Whether these plastics can reach the brain through the olfactory bulb is not clear, but the potential is worrying. While microplastics have been found in the bloodstream and other tissue, their presence in the human brain has not yet been documented.

Have a Healthy Tip to Share?
Publisher@HealthyLivingMichigan.com



Winter Wonderland:

Crystal Mountain Elevates the Experience


Photo Credit: Crystal Mountain

At *Natural Awakenings*, we are always excited to share destinations that inspire wellness, adventure and a connection to nature. Crystal Mountain is a perfect example of a place where guests can not only enjoy exhilarating outdoor activities, but also embrace a lifestyle that promotes physical and mental well-being. As a family-owned, four-season resort conveniently located in the heart of Northern Michigan, Crystal Mountain offers an ideal blend of adventure and rejuvenation.

From invigorating outdoor sports like downhill skiing and snowboarding to serene cross-country trails winding through Northern Michigan's breathtaking landscapes, this destination is designed for those seeking both fun and exploration. Crystal Mountain's dedication to sustainable practices and enhancing the guest experience through mindful improvements echoes their commitment to promoting eco-friendly, active lifestyles.

As the days grow shorter and the air turns crisp, Crystal Mountain has officially begun snowmaking operations for the 2024-25 winter season. With temperatures dipping, the resort's 178 snow guns are working around the clock to prepare the slopes for an exciting season opener, expected around Thanksgiving.

With significant upgrades to the Buck complex, guests may not notice the changes visually, but they'll experience much improved snow quality and coverage, especially early in the season.

With the winter kickoff just around the corner, here's a look at what's new and exciting at Crystal Mountain this season:

Discover Michigan Skiing Returns

The popular Discover Michigan Skiing program is back for January, offering beginners ages 7 and up a chance to learn how to ski or snowboard. For just $60, first-timers receive a lesson, rental gear and a lift ticket, thanks to the partnership with the Michigan Snowsports Industries Association (MSIA). The program runs Monday through Thursday and is perfect for those eager to embrace winter sports.

Expanded Ski and Snowboard Rental Fleet

Crystal Mountain has added more than 400 new sets of Head Ambition Pro skis and 55 Burton snowboards to its rental lineup. With over 1,500 skis and 300 snowboards available, there's something for every size and skill level, making it easier than ever to hit the slopes.

Rooftop Igloos for Après Ski Fun

Elevate the après ski experience by reserving a private igloo on the rooftop at Level4 Lounge. Guests will stay warm with cozy blankets and a personal heater while enjoying views of Barr Park and the front-side slopes. These rooftop igloos are an exciting new addition to Crystal's winter offerings, building on last year's popular Wild Tomato Patio igloos.

Ski-In, Ski-Out Accommodations Get a Facelift

Guests staying slopeside at the Hamlet Hotel will enjoy a refreshed experience this season, with more than half of the rooms newly renovated. Upgraded furniture, flooring and accessories give the ski-in, ski-out accommodations a modern feel, perfect for a relaxing winter retreat.

New Cross-Country Ski Gear and Trails

Nordic skiers can look forward to new rental gear at the Cross-Country Learning Center. This season, Atomic boots and skis are available for both classic and skate skiing techniques. With new loops added to the trail network, there's even more to explore among the serene Northern Michigan pines and hardwoods.

Whether a seasoned skier or a beginner, Crystal Mountain's latest enhancements ensure a memorable winter experience.

Established in 1956, Crystal Mountain is a year-round, family-owned resort that offers a wide range of activities and amenities. From downhill and cross-country skiing to award-winning dining, spa services and golf, the 1,500-acre resort in Thompsonville is a top destination for winter sports enthusiasts.

For reservations or for more information, call 855-995-5146 or visit CrystalMountain.com.



Peanut's Life Lessons

by Marsi Parker Darwin

Lots of people raise chickens in their backyards these days for fun and fresh eggs. It gives us a connection to the Earth, self-sustenance and an awareness of nature. When I get up early to let my birds out of their coops, I often enjoy a beautiful sunrise. And when I shut them up for the night, I'm aware of our planet's travel around the sun, the sunsets varying according to the season. Keeping birds has enriched my life in countless ways.



Marsi and Peanut

"However, as I raised my arm to throw the egg into the water, I thought I heard it chirp. Sure enough, when I cupped it against my ear, it was cheeping."

Not everyone is lucky enough to find an unhatched egg, peel the chick out, and obtain the Guinness record for World's Oldest Living Chicken 20 years later, but that's exactly what happened to me. In the spring of 2002, I was strolling around my chicken yard, enjoying my morning, when I noticed a hen who had been setting on eggs had abandoned her nest. Remnants of shells and one unhatched egg were all that remained. She was busily clucking at her newly hatched chicks nearby. It was obvious that she wasn't going back to that nest.



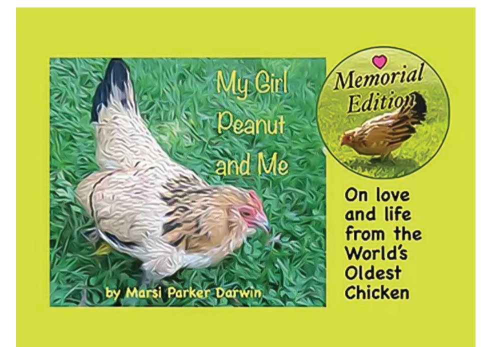
So, I picked up the cold egg and walked to our pond to pitch it. I figured it was rotten since it hadn't hatched. However, as I raised my arm to throw the egg into the water, I thought I heard it chirp. Sure enough, when I cupped it against my ear, it was cheeping.

I peeled the poor little chick out of the egg, never expecting it to survive. But, long story short, survive she did, for 21 and one-half wonderful years. I named her Peanut, because she was tiny, brown, and shriveled. When she was nearing 20, a friend urged me to apply for the Guinness record, and after months of providing "proof"—photos, testimony and a letter from a vet—we were rewarded with the world record.

Much fanfare ensued—a tribute from Governor Gretchen Whitmer, interviews with media from all over the world, a ride in the Chelsea parade. But our everyday life on the farm remained the same. I published a picture book of Peanut's life for children as well as adults, fulfilling a lifelong dream of my own—to hold a book I'd written in my hands. She died in my arms on Christmas Day last year, but there isn't a day I don't think of her. Life goes on at Darwin's Eden, but her courageous, curious, cheerful spirit lives on in the hearts of those who knew her personally or through the news, and my hope is to spread her story even further.

The lessons learned from Peanut were many. First of all, holler for help if you need it! Never give up. Trust someone. And be mindful of our beautiful Earth and all it has to offer, every single glorious day.

My Girl Peanut and Me *may be ordered at DarwinsEden.com. See ad page 29.*



Rising to the Calling

Earning Wisdom as We Age

by Carrie Jackson



With knowledge that extends beyond any classroom and humility that provokes a familiar kinship, wise elders have been the pillars of communities for millennia. Their nurturing energy, loving warmth and eternal wisdom provide a foundation for learning and growth. By harnessing a connection to nature, reframing cultural roles and cultivating grace and self-care, we all have the capacity to embody the role of a wise elder in our own way.

Nature's Lessons

"Wise elders are repositories of how to live a good life within nature, and not against it. They are able to perceive and act according to the bigger picture and see the impact of actions now on future generations," says Dr. Darcia Narvaez, professor of psychology emerita at the University of Notre Dame, president of the nonprofit Kindred World and founder of its initiative, The Evolved Nest.

In her book, *The Evolved Nest: Nature's Way of Raising Children and Creating Connected Communities*, Narvaez and co-author G.A. Bradshaw, Ph.D., examine how we can restore natural wellness in our families and communities by living in harmony with nature. She points to the idea of "nestedness" as an inspiration for reexamining our own systems of nurturing, understanding and caring for our young and one another.

"A wise elder is one who is deeply nested. They display horizontal nestedness in that they attend to honoring ancestral wisdom and to living for the well-being of future generations. They display vertical nestedness in that they honor and live with Earth's cycles and nature's laws, but also feel connected to and confident in the cosmos," Narvaez explains.

Instead of teaching, wise elders act as guides and model behavior for others. "Wise elders know everyone's path is unique, and everyone has a gift to uncover, develop and share with the community," advises Narvaez. "They encourage us toward love and openness, instead of bracing against change. They inspire us to work through our fears and know that words matter. It is easy to discourage the spiritual development of others with words. Stories provide an invitation, instead of persuasion or coercion."

This wisdom often comes from lessons they have embraced when facing challenges. "It's not that wise elders are naive livers of life. They are scarred. To become self-actualized, one must accept suffering and learn from it," she says.

At the same time, they acknowledge that every moment is a gift and live life to the fullest. "Wise elders know enjoyment and want others to experience it, too, whether it's ice cream, cookies or a sunset. After all, if you are not experiencing foundational joy in your life, something is quite wrong," asserts Narvaez.

Seeds of Wisdom

A wise elder's connection with nature is deeply rooted—grounded by the land and inspired by the promise of cultivation. "Seeds are our 400 million-year-old ancestors and elders. Gardens grow us more than we grow them. They nod and bow to seeds; and gardens as teachers are gardens as elders," says Petra Page-Mann, co-owner of Fruition Seeds, a farm in Naples, New York, that grows and shares regionally adapted seeds.

Founded in 2012, Fruition Seeds is rooted in the idea that each seed, like each of us, is meant to change the world. In August 2024, they shifted from seed sales to sharing seeds as an embodied gift practice, honoring the co-owners' desire to respect the seeds and practice reciprocity. "This move deliberately mirrors and honors what the seeds are teaching us," Page-Mann explains. "They are gifts to the Earth, as we all are, and not ours to buy and sell. It's a way to practice remembering and reimagining a culture of care and belonging. We are rehydrating our relationship with seeds and the land and moving away from a transactional being to an open place of giving and receiving."

Page-Mann says, "I think of an elder as someone who inspires, challenges, uplifts and comforts. They are people who can accompany us into our challenges and through them, and not just try to fix problems. I see our relationship to wise elders in the way a river flows and changes on a whim. Sometimes it flows quickly, and at other times it moves smoothly and slowly. There might be rocks under the surface or waterfalls and dams along the way. At any moment in our lives, we experience different elements of that river. The river holds us as elders do: always present, offering diverse forms of medicine. There might be a lightning bolt of wisdom or awareness, followed by a cascade of insight. Other times, it's just sweet meandering; but we don't need to paddle or swim because we are held by their flow."

Rising From Adversity

Wise elders teach us that by leaning into challenges, we can reframe the risks associated with growth. "If we are in our comfort zone, we are safe, and if we are in our panic zone, we are not safe. There's a discomfort in between. Wise elders are constantly extending their comfort zones and window of tolerance a little wider, so they can move and breathe more freely in that space," says Page-Mann.

Although anyone can step into elderhood, Page-Mann believes that society needs to reframe its priorities in order to nurture the process. "We don't have a cohesive cultural fabric for the role of a wise elder,"



she points out. "It's a capitalist and supremacy culture not grounded in love and belonging. Elders have been eroded from our lives. We're all really shrunken, disconnected versions of ourselves."

By challenging current priorities and shifting back to the organic flow of the Earth, we can embrace and embody the traits we seek and become role models and guides for others. "There is a natural progression of maturation where we play different roles in the community and can accompany each other with those roles. If we are held in a cohesive cultural fabric of love and belonging, we can step into whatever role is calling us," Page-Mann asserts.

> *"Wise elders see aging as a gift and an opportunity to learn about themselves in new and different ways."*

Self-Care Comes First

While wise elders are generous with their time and attention, they value staying grounded. Cheryl Richardson, the Massachusetts-based author of *Self-Care for the Wisdom Years: Practical Ways to Celebrate the Mystery and Wonder of Aging*, says that doing inner work allows elders to become more available for others. "Wise elders are full of life, steeped in gratitude, eager and excited for new adventures, and able to respond to anything placed before them with wisdom and grace," she says. "They face aging and mortality with open eyes and a curious heart. They are self-reflective, committed to personal growth and anxious to invest time and energy into their inner lives. They are also happy to share what they've learned about life and aging with others. They make their greatest contribution to society by being a powerful example of what it means to embrace aging and the wisdom it provides."

According to Richardson, "Wise elders see aging as a gift and an opportunity to learn about themselves in new and different ways. They are able to step back, take a deep breath and check their reactions before responding to life's challenges. They consciously cultivate patience and self-reflection when faced with adversity. The wisdom years are an excellent time to challenge the voices that cling to old ways of life. It's an opportunity to focus less on where you should be and more on where you are and what your soul wants. That's when the magic of the moment sweeps you off your feet."

Time Is Essential

At a time when we are living longer than ever, Richardson sees an opportunity to maximize our later years. "Now that longevity affords us a second adult life, we have time to evolve even more before we die. When people age consciously and prioritize their emotional and physical health, inner life, intimate connections with others and managing their minds, they age with far less fear and much more aliveness, peace and emotional freedom," she explains.

Wise elders are in tune with their own capacity and availability, and they understand the importance of setting limits. "The gift of mortality is that it makes it easier to say no to those things that are no longer important. Therefore, boundary-setting becomes easier," Rchardson says. "When you know you have limited time left, you are passionate about spending it wisely. Wise elders have a unique ability to let go of responsibilities that are no longer theirs, and to make space and sit with it. They know when enough is enough and can set firm, loving boundaries. Cultivating these capabilities will not only help us make the most out of our remaining years, but they'll also mold us into the kind of wise elders so many of us wish we had growing up."

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. *Connect at CarrieJacksonWrites.com.*



Finding Grace in Hardship

by Marlaina Donato

With the season of gratitude comes an annual flurry of festivities. Many of us feel obligated to show up at the table when we might prefer retreating into a corner of solitude. Finding a shred of gratitude may feel like an obligatory or even impossible feat if we are buckling beneath the weight of personal problems. Well-meaning loved ones might point out the blessings in our lives, and it is easy to be snared into feeling guilty if we cannot appreciate the good.

Being thankful for crumbs when we have been denied a feast might seem a task reserved for saints, but simply having faith in an hour of plenty that is yet to come can soften the sharp edge of our hunger. Feeling gratitude for bounty that has not yet arrived, and for all that is on its way to us in its rightful season, provides us with an opportunity to see the light beyond the



shadow. According to the Buddhist proverb, "Enough is a feast."

Seeing "enough" on the table, in the mirror, in each other and in each day is a spiritual practice worth cultivating. Reaching beyond our comfort zone by loving others when we do not feel loved or supporting someone else when we feel less-than can bring us closer to all that is slightly out of reach. Taking time to observe nature's complex patterns—fractals within flowers, textures of trees or the edible geometry of a cauliflower—reminds us that we, too, are part of the universal order.

Finding fragments of beauty along the wayside—a child's pure laugh, the drop of sweet honey left on the spoon or a bird's wing reflecting the morning light—invites us to look beyond the chaotic, current chapter to see the bigger story. Choosing to remember that all chapters come to a close can help us decide what we want to write in the next one.

Marlaina Donato is an author, composer and painter. Connect at BluefireStudio.art.



Patricia Silverstein

Making a Difference in the Diabetes Fight

by Sandra Yeyati

Patricia Silverstein has a dream: to prevent the unnecessary suffering of people with diabetes. Together with her husband, Roger, leading researcher Dr. Camillo Ricordi and numerous other collaborators, she is actively working to make this dream a reality. A cure is on the horizon, and a simple blood test that measures Type 1 diabetes antibodies promises an opportunity to stop disease progression long before it is even diagnosed. Silverstein's efforts target both of these fronts.

She and Roger established the Silverstein Dream Foundation and have raised nearly $1 million for treatments and cures. She also offers diabetes workshops to underserved communities and speaks with decision-makers at large corporations and investment firms to drive philanthropic dollars toward the funding of clinical trials required by the U.S. Food and Drug Administration (FDA) before approving cutting-edge therapies.

Diabetes Statistics

Diabetes occurs when glucose levels in the bloodstream are too high. Dietary changes, oral medications and insulin are commonly used to regulate this condition. Over time, diabetes can cause a host of health problems such as heart disease, nerve damage, eye problems and kidney disease. According to the National Institute of Diabetes and Digestive and Kidney Diseases, an estimated 38 million Americans had the disease in 2021—the most common forms being Type 1 (an autoimmune condition that may be caused by genetics) and Type 2 (a form that develops over time as a result of obesity, lack of exercise and other lifestyle factors).

Saving Her Sister

Born and raised in Barcelona, Spain, Silverstein has a younger sister, Laura, who was diagnosed with Type 1 diabetes when she was just 6 years old. In 2020, when Laura was 29, she became gravely ill from disease complications. "She had developed neuropathy and retinopathy and was losing her eyesight, but her severe kidney disease was the wake-up," explains Silverstein, who went into action mode, desperately looking for a way to save her little sister.

The turning point came upon meeting Dr. Camillo Ricordi, a University of Miami Miller School of Medicine professor of surgery, biomedical engineering, microbiology and immunology, and chief of the Division of Cellular Transplantation; director emeritus of the Diabetes Research Institute; founder of The Cure Alliance; and author of *The Healthspan Code*.

"In the beginning, Laura was prescribed omega-3, vitamin D and other supplements to reduce her blood pressure because it was very high," recalls Silverstein. "Once she was stabilized, Dr. Ricordi proposed a stem cell infusion therapy." The proposed treatment was not yet available to the public, but Ricordi was able to obtain FDA approval as an emergency life-saving treatment.

"While the infusion helped her glucose control and eliminated her insulin requirements, unfortunately it was unable to block the progression because her kidney disease had already advanced beyond the point of no return," explains Ricordi, adding that Laura



Courtesy of Patricia Silverstein

later received a simultaneous kidney and pancreas transplant, which saved her life. "Laura's case was instrumental in helping us obtain approval from the FDA to launch a bigger trial in stage-3 chronic kidney disease, where you still have tissue that you can regenerate and induce tissue repair and regeneration."

Life-Saving Treatments on the Horizon

Kidney and pancreas transplants are generally successful, but they require lifelong anti-rejection drugs, limiting their applicability to children and other at-risk individuals. The Cure Alliance is supporting a clinical trial to replace the most toxic immunosuppressive agent with a new antibody that is much more benign. In early 2025, another trial will test a new technology designed to completely eliminate anti-rejection drugs. (Learn more at *iTolerance.com*.)

In the 1980s, Ricordi developed a protocol to isolate insulin-producing islet cells from a donor pancreas and introduce these cells in a blood transfusion into the liver, where they act like a double organ that does the job of the liver and the endocrine pancreas. The effect of this transfusion is that the patient no longer needs insulin to modulate blood glucose. "It is very exciting as a procedure, but it has been limited by this need for anti-rejection drugs that limit the applicability to the most severe cases of diabetes," Ricordi explains. Once the need for anti-rejection drugs is eliminated, there will be a huge demand for this treatment.

The Promise of Early Detection

The Silverstein Dream Foundation is currently funding the GrassrootsHealth Nutrient Research Institute (GHNRI) study, which will test approximately 100 people between the ages of 7 and 25 for Type 1 antibodies, as well as omega-3, vitamin D, magnesium, inflammation and glucose levels, to identify those that are highly predisposed to develop diabetes. Based on the results, participants will receive treatments and supplements, as well as health coaching for dietary and lifestyle changes designed to improve the targeted biomarkers.


Courtesy of Camillo Ricordi

Dr. Camillo Ricordi

"Retesting in six months will hopefully show an improvement in their levels," Silverstein says. "We hope that in a year, we can start conversations with health authorities in Washington, D.C. about implementing mandatory pediatric screening based on the evidence of our research, so all kids can get tested for Type 1 antibodies as part of their pediatric care, and then have a better understanding of how to feed and treat these kids to prevent Type 1 diabetes."

Sandra Yeyati is national editor of Natural Awakenings.



To read a longer version of this conversation, visit online at TinyURL.com/SilversteinWW or scan the QR code.





Sarsmis from Getty Images Pro/CanvaPro

Blissful Bowls

Celebrating With Soup

by Marlaina Donato

Whether we showcase winter's root vegetables or come home to comfort food simmering on the stove, soup is a language of love with many dialects: from under-the-weather broths and velvety bisques to slow-cooked stews and stick-to-the-ribs chowders. A bowl of soup can bridge the mundane and the magical, inviting us to slow our fast-paced lives, share the bounty with loved ones and honor recipes of generations past.

"Every time I make soup, even if it's one I've made over and over, it fills me with a sense of wonder that a bunch of disparate ingredients—legumes, grains, raw vegetables, onions, garlic, seasonings—always meld in a way that seems almost miraculous," marvels Nava Atlas, the Hudson Valley, New York-based author of more than 10 cookbooks, including *Vegan Soups and Stews for all Seasons*.

Making Vegetables Shine

Eating seasonally can help our bodies transition into winter, and soups that incorporate cold-weather crops offer delicious versatility. "Thanksgiving is traditionally a time to be thankful for the harvest. Soups in the fall are typically a hearty mix of what you may have grown in your garden. These could be rich and creamy tomato, pumpkin or pea soups," says Sharon Hapton, founder and CEO of nonprofit Soup Sisters, a food-assistance program in 27 cities across Canada. The author of *The Soup Sisters and Broth Brothers Cookbook* attests that taking a little time to make soup "is a great way to nourish our spirits and reconnect with the food."

In any combination, rainbow carrots, rutabaga, parsnips, leafy greens, sweet potatoes, mushrooms, leeks and winter squashes pack a punch in flavor, color and texture. Special-occasion soups can be simple childhood favorites dressed up with the pungent tastes of sage, rosemary, ginger, chiles or coriander seeds. Creamy soups, whether traditional or vegan, pair beautifully with wild rice, roasted pumpkin seeds or toasted pecans. Atlas suggests combining vegetables in surprising ways to take advantage of contrasting flavors, such as adding sweet potatoes and bell peppers to a black bean stew.

Broth Versus Stock

Although broths and stocks can be made using vegetables and/or bones and seasoned with salt and pepper, a broth is thinner in consistency and requires a shorter simmering time, whereas a stock can be simmered for four to six hours, resulting in a heavier texture. Nutritional bone broth is usually simmered for 12 to 36 hours to create a collagen-rich stock. All of these can be sipped for a soothing repast or incorporated into other recipes.

Bringing Out Flavor With Salt

Atlas notes, "Most soups benefit from judicious salting to bring out the flavors,

Taking out an old, handed-down recipe is a wonderful way to preserve culinary customs and commemorate the family's heritage.

but I suggest waiting until the end to add salt, giving the soup time to develop flavor first. And it's surprising how much of a lift lemon and lime juice can give to soup broth." For those monitoring their sodium, she recommends salt-free seasoning blends, like Dash, or Spike, a zesty low-sodium option found at health food stores.

The Legacy of a Treasured Recipe

Holiday time can be bittersweet, especially when lost family members are not at the table, but taking out an old, handed-down recipe is a wonderful way to preserve culinary customs and commemorate the family's heritage. "Creating delicious food like soup from a loved one's recipe is more than the ingredient list on a card," says Hapton. "Use the silver spoon handed down from family to stir the love and rekindle the memories of loved ones. A natural flow of storytelling happens when we cook together, and the 'dash of this and that' can make its own lively conversation."

According to Atlas, "Food traditions are a way to embrace each person's unique history—where their ancestors were from, what was available to them, what they felt comforted by. Yet, despite all the different traditions, food is a great uniter, a fantastic way to connect us as humans."

Presenting soup in an elegant tureen and putting out toppings such as chopped fragrant herbs or crushed pink peppercorns at each place setting gives soup a festive, gourmet touch. "Don't wait for a special occasion to bring out the good dinnerware," Hapton suggests. "Enjoy it every day, even in some small way."

Ultimately, gratitude is the most important ingredient. This Thanksgiving, invite each guest at the table to ladle a bowl of soup for the person next to them, offering a single word of appreciation as a form of grace.

Marlaina Donato is an author, composer and painter. Connect at BluefireStudio.art.



Benefits of Compression Therapy

Improving Lymphatic Circulation for Better Health and Fitness

by Maya Whitman

Adequate cardiovascular and lymphatic circulation is key for all matters of well-being, including heart health, wound healing, fluid balance and muscle recovery after a workout. To address circulation issues, the advent of compression therapy began as early as 1950 with the invention of compression socks by German engineer and varicose vein sufferer Conrad Jobst. Today, the use of compression gear in the form of boots, leggings, sleeves, bandages, wraps and suits is surging in athletics, as well as physical therapy. In medical settings, the Cleveland Clinic recommends the use of compression bandages, stockings and inflatable wraps to treat swelling and pain in patients experiencing the poor circulation that is often associated with conditions ranging from pregnancy to diabetes and congestive heart failure.

According to market research company SNS Insider, the global compression therapy market—driven not only by athletic demand but also by the rising occurrence of diabetes, lymphedema, varicose veins and deep vein thrombosis in an aging population—is predicted to expand to $7.86 billion by 2032.



Sergey Ryzhov/Shutterstock

Lymphedema and Diabetic Swelling

The lymphatic system is a network of organs, vessels and tissues that work in conjunction with the circulatory system to maintain healthy fluid levels, filter out waste products and abnormal cells, help the body absorb fats and support the immune system. “It is like the body’s waste-water treatment system,” explains Brittany Curwen, a certified lymphedema therapist and registered occupational therapist at Therapy Achievements, in Decatur, Alabama. “Compression helps keep the right amount of pressure on the blood vessels to make sure the valves inside the veins work in one direction, so blood and lymphatic fluid gets where it needs to go.”

Inflammatory response is normal during the healing process, but when the lymph vessels are unable to drain, lymph fluid in an arm, leg or other body part may cause painful swelling called lymphedema. This condition is commonly caused by cancer, radiation treatments, surgery and, in developing countries, parasites. “After surgery, a light elastic compression garment worn during the daytime hours can help [treat lymphedema]. For someone without a history of lymphedema, a garment that applies 10 to 15 millimeters

of mercury (mmHg) of pressure can help. These are often found at drugstores or online," says Curwen, noting that such garments can be worn for several weeks during waking hours until the swelling subsides and normal activity is resumed. "For someone with more severe swelling, a medical-grade garment is essential to prevent the lymphedema from progressing and causing changes in the skin texture. A medical-grade garment should be prescribed by a physician."

Swelling is a common occurrence when diabetes is accompanied by other diseases that impact circulation, such as cardiovascular disease or kidney disease, which can promote pooling of fluid in the legs and feet. A 2023 meta-review published in *International Wound Journal* found sustained graduated compression to be useful in healing diabetic-related leg sores from pooled blood.

Active Lifestyles

While hitting the gym or going for a long hike does a body good, most people want to avoid post-workout discomfort, and that is where compression clothing can help. By applying pressure to specific body parts, this clothing improves circulation and ultimately supports muscle recovery. "After intense physical activity, lactic acid is produced as a byproduct of anaerobic respiration, which occurs when your muscles need more energy than your body can supply through oxygen alone," explains Tabitha Eaves, owner of Rise Up Wellness, in Bloomfield, Michigan. "Lactic acid buildup can lead to muscle fatigue and soreness during and after exercise. The recovery process involves the body clearing out this lactic acid and other metabolic waste products, which helps to reduce muscle soreness, inflammation and swelling, speeding up the overall recovery time."

A 2021 study published in *BMC Sports Science, Medicine and Rehabilitation* involving mostly endurance athletes—predominately runners—reported that compression garments were worn on their lower extremities to prevent injury or reduce symptoms of a current injury, and users perceived a faster post-exercise recovery (more than 80 percent), as well as improved sports performance (more than 70 percent).

Eaves specializes in Normatec compression therapy, which uses air to apply pressure to a body part, thereby mimicking a natural muscle-pump action. She suggests that this type of pneumatic compression typically can be used three to four times a week. Some athletes employ it daily, especially during periods of intense training. She adds, "Post-therapy, most users report feeling relaxed, with some experiencing a slight tingling sensation as circulation increases."

While compression therapy is generally safe for most people, Curwen cautions anyone with peripheral artery disease, congestive heart failure, advanced kidney disease or unmanaged high blood pressure to obtain a physician's approval before using compression therapy or compression garments.

Maya Whitman is a regular contributor to Natural Awakenings.

Electromagnetic Therapy for Dogs

Non-Invasive Relief for Pain and Wound Healing

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Originally developed for human medicine, pulsed electromagnetic field (PEMF) therapy is becoming increasingly popular in pet care. A 2018 study published in *Research in Veterinary Science* found it to be a safe, non-invasive veterinary treatment for bone and wound healing, osteoarthritis, inflammation and post-operative pain.

How PEMF Therapy Works

"Everybody needs electric fields and magnetic fields to function properly," explains Lori Schmidt, a holistic pet-health coach and certified PEMF practitioner for people, pets and livestock in Newtonville, New Jersey. "PEMF provides these in a concentrated form, helping to recharge cells and restore energy balance."

The therapy stimulates the mitochondria, which are membrane-bound cell structures that generate most of the chemical energy needed to power the cell's biochemical reactions, and boosts the production of adenosine triphosphate, the primary source of energy for all living organisms at the cellular level and an essential element for healing.

The frequencies used in PEMF therapy typically range from five to 30 Hertz, which aligns with the body's natural electromagnetic range. These pulses penetrate tissues, bones and organs, helping to alleviate pain, reduce swelling and promote tissue regeneration. "The energy from PEMF can go up to 16 inches into the body, making it effective even through casts or thick tissues," Schmidt explains.

Benefits for Dogs

PEMF therapy offers a wide range of benefits for dogs.

- Pain Relief: PEMF therapy has been shown to reduce pain and discomfort in dogs with chronic conditions like arthritis. In a 2012 Italian study of dogs with osteoarthritis, 25 dogs were given a session of PEMF every day for 20 days, and 15 dogs in the control group were treated with a non-steroidal, anti-inflammatory drug every day for 20 days. While both groups showed significant improvement in pain relief and mobility during the treatment period, only the PEMF group sustained the improvements for 12 months.

- Improved Mobility: By reducing inflammation and promoting tissue repair, PEMF therapy helps improve mobility in dogs with joint issues or injuries. "I've worked on dogs with tendon and ligament problems, and the results have been impressive, including reduced pain, increased mobility and overall better quality of life," Schmidt attests.

- Wound Healing: PEMF therapy accelerates the healing of wounds by enhancing blood flow and cellular repair processes. In a 1998 study published in the *American Journal of Veterinary Research* involving 12 beagles with sutured wounds, six dogs that were treated with PEMF twice a day beginning on the day before surgery and ending 21 days after surgery showed faster wound closure compared to the other six dogs that received no such treatments.

- Stress and Anxiety Reduction: PEMF therapy has a calming effect on the nervous system, making it beneficial for dogs with anxiety or stress-related behaviors. "PEMF promotes the release of endorphins, which are natural painkillers and mood enhancers," says Schmidt.

While PEMF therapy offers numerous benefits, it is essential to consult with a veterinarian before starting any new treatment, particularly for dogs with specific health conditions like cancer or heart issues. "PEMF can be a powerful tool for improving quality of life, but it should always be used under the guidance of a qualified professional," notes Schmidt. "It's crucial to tailor the treatment to each dog's condition and to monitor their response carefully." With the right approach, PEMF therapy may be the key to unlocking better health and well-being for dogs.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.



SATURDAY, NOVEMBER 2

Dexter Winter Farmers Market – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Huron River Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

SUNDAY, NOVEMBER 3

Prescribed Burn Demo Day – 2-4pm. These controlled fires not only promote ecological resilience but also protect nearby communities and contribute to a climate-forward future. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. Registration required: mbgna.umich.edu.

WEDNESDAY, NOVEMBER 6

Wonder Walk: Native Seed Collecting – 5:30-7pm. Join Native Plant specialist, Calla Butler, as we explore the beauty and role of native plants and the process of collecting and preparing local native seeds for planting. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Wild Burning Rage and Song: Replies to Scottsboro – 6pm. This concert/lecture brings to life a 20th-century world of Jewish responses to the pervasive climate of race prejudice that gave birth to the Scottsboro trials—and injustices to come—through a performance of Yiddish and English poems from the era newly set to music. Free. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, NOVEMBER 7

Derma Stamping Facial Demonstration – 5:30-7pm. Skin stamping delivers a customized cocktail that may include Botox alternative, medical-grade hyaluronic dermal fillers, vitamins, exfoliants and more into the layer of the skin where it produces maximum results as produce increased collagen and elastin. Mahabir Wellness, 1640 Haslett Rd, Ste 100, Haslett. 517-325-9954. MahabirWellness.com.

Sound As Medicine – 5:30-7pm. Artist talk with Guadalupe Maravilla. Across all media, Maravilla explores how the systemic abuse of immigrants physically manifests in the body, reflecting on his own battle with cancer. Free. Historic Theater, 525 S State St, Ann Arbor. umma.umich.edu/events.

SATURDAY, NOVEMBER 9

Stewardship Workday: Stapp Nature Area – 9am-12pm. Help remove invasive shrubs. Tools and know-how provided. Free. Meet at the park entrance on Traverwood Dr, south of the library parking, Ann Arbor. Pre-registration required: Tinyurl.com/3djab27r.

SUNDAY, NOVEMBER 10

Guided Journeys – 11am-1pm. Join Sherry Lord, International Channel Psychic Medium, as she facilitates these journeys to help you grow, evolve and connect and heal on your journey. She offers phone and video readings. $45. SherryLord.com.

Wonder Walk: Warm Winter Spices – 1-2pm. Learn about the use of spices from around the world and taste flavor-filled spiced teas. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

MARK YOUR CALENDAR

SATURDAY, NOVEMBER 16

Soak Your Nuts – 12-3pm. Join us for an unforgettable experience hosted by a legend in the plant-based community. Karyn Calabrese is a coach, restaurateur, spa owner, and author of *Soak Your Nuts: Secrets for Inner Healing and Outer Beauty*. Her holistic approach to a plant-based lifestyle with simple tips and tricks to maximize daily life has helped thousands on the path to optimal health. $20. The Venue by Eleven 11 Events. 5660 W. Saginaw Hwy., Lansing. 517-214-6154. Venue1111.com/soakyournuts

MONDAY, NOVEMBER 11

Ann Arbor Backyard Beekeepers Meeting – 7-9pm. Featured speaker Steve McDaniel, speaks about "The Secret life of Bees." Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, NOVEMBER 13

Wonder Walk: Warm Winter Spices – 5:30-6:30pm. Learn about the use of spices from around the world and taste flavor-filled spiced teas. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Economy in Native Plant Maintenance – 6:45-8pm. Dan Gannon will share a fresh perspective on working with the cycles of nature to maintain natural landscapes. Free. Matthaei Botanical Gardens, Auditorium, 1800 N Dixboro Rd, Ann Arbor. AnnArbor.WildOnes.org.



SATURDAY, NOVEMBER 16

Dexter Winter Farmers Market – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Huron River Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

Ann Arbor Orchid Society Show – 10am-4:30pm. Free admission and classes. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Soak Your Nuts – 12-3pm. With Karyn Calabrese, coach, restaurateur, spa owner, and author of *Soak Your Nuts: Secrets for Inner Healing and Outer Beauty*. Immerse yourself in a world of wellness and inspiration where you can engage with experts in health and explore our curated selection of vendors. $20. The Venue by Eleven 11 Events, 5660 W Saginaw Hwy, Lansing. 517-214-6154. Venue1111.com/soakyournuts.

SUNDAY, NOVEMBER 17

Heckuva Hike – 10am-1pm. A 3.5-mi wellness and fitness hike for ages 18 and up exploring 3 preserves. Goodrich Preserve, 3695 N Dixboro Rd, Ann Arbor. Registration required: Washtenaw.org.

TUESDAY, NOVEMBER 19

LifeChoices Dine & Discover – 10-11am.. LifeChoices offers you peace of mind and a plan for your future long-term care needs while providing financial protection so you can continue living your life on your own terms. Enjoy brunch while you learn about our program. Free. Travis Pointe Country Club, 2829 Travis Pointe Rd, Ann Arbor. RSVP: 734-679-0533 or ehmss.org/events.

WEDNESDAY, NOVEMBER 20

Wonder Walk: Branching Out – 5:30-6:30pm. Explore the patterns found in trees, the beauty of unique tree features and the ways trees and humans are so deeply connected. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

FRIDAY, NOVEMBER 22

Adult Owl Prowl – 7-9pm. Night hike, owl calling, and visit with live owls will fill the evening with wonder as we discover how ears, eyes and feathers help owls survive the night. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SATURDAY, NOVEMBER 23

Family Owl Prowl – 6-8pm. Night hike, owl calling, and visit with live owls will fill the evening with wonder as we discover how ears, eyes and feathers help owls survive the night. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

SUNDAY, NOVEMBER 24

Wonder Walk: Branching Out – 1-2pm. Explore the patterns found in trees, the beauty of unique tree features and the ways trees and humans are so deeply connected. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Stewardship Workday: Arbor Hills Nature Area – 1-4pm. Meet up with NAP staff to learn how to easily identify and safely cut down troublesome shrubs, and what kinds of wildlife will be grateful for the help. Tools and know-how provided. Free. Meet at the park entrance at the end of Ashburnam Rd, Ann Arbor. Pre-registration required: Tinyurl.com/5x5mwh57.

TUESDAY, NOVEMBER 26

Artist Spotlight: Heather Mae – 8pm. Powerful songwriting. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.\

FRIDAY, NOVEMBER 29

Fireside Fun – 6:30-8:30pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.



DAILY

Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. $150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

Naturally Purifying and Supercharging Your Body Podcast – 7-7:45pm. Matthew Hazen is the owner of Human Consciousness Support, a company that produces a unique nutraceutical product called MasterPeace. Free. BuzzSprout.com/1206776/14236700.

WEEKLY

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Clearing Meditation – 11am. 4th Sun. Each person gets one question answered for healing an issue. In person. Troy. RSVP required: 248-789-1980.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Common Cycle Bike Repair Sessions – 11am-3pm. Learn about bike repair, share tools and build a sense of community. Volunteers ready to assist with maintenance issues or personal projects. 416 W Huron St, Ste 11, Ann Arbor. 734-619-0907. CommonCycle.org.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling and cultivate the nature mystic within through 4 retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

WEDNESDAYS

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

THURSDAYS

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural

Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles. Start at Wheels in Motion, 3402 Washtenaw Ave, Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/indfuldexter.

FRIDAYS

Natural Turmeric Indian Wedding Facial for All – 9am-6pm. Design combines traditional ingredients like turmeric, used in Indian weddings for skin beautification, with modern machines that enhance the overall experience. Mahabir Wellness, 1640 Haslett Rd, Ste 100, Haslett. 517-325-9954. MahabirWellness.com.

Online: Prayer Power Hour – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.Saturdays

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

Herbal & Natural Medicine – 10am-12pm. 3rd Sat. Come see for yourself and experience our ongoing Herbal Medicine Natural Medicine Training, which is a preview for the 2025 Natural Medicine/Herbal certificate training starting January. Free. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

Classifieds

SPACE AVAILABLE

MASSAGE/BODYWORK ROOM FOR RENT WEST SIDE ANN ARBOR for licensed massage and bodywork therapists. Income potential; accommodate 8-12 sessions a day; $2,400-$3,800/month income. Saturday through Wednesdays, rent dependent on days taken. Security deposit. required. 3-6 -month agreement length with renew options. Free parking right outside building, no stairs, ground floor, ADA-accessible, quiet, furnished, supportive surroundings. This is a lightly shared space in an ongoing massage therapy business. Plenty roomy with table, seating, shelving, and nice big window bringing in natural light. Call Mary Light, 734-769-7794.



Alternative & Complementary Medicine

AYURVEDA FOR US
Austin@AyurvedaFor.us
734-215-7585
AyurvedaFor.us



Be healthy like you mean it! You can have vibrant health, naturally. With Ayurveda you get personalized solutions for gut health, chronic conditions, IBS, weight loss & mystery illnesses. Reclaim your energy, focus & freedom today!

Aromatherapy

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com



Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

Biological Dentist

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*



Energy Enhancement & Wellness

MIRACULOUS ENERGIES
(A Private Membership Association)
MiraculousEnergiesAssociation@gmail.com
517-599-4949
MiraculousEnergies.com



The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. *See ad page 13.*

Holistic Doctor

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr.Sickels.com. *See ads, pages 8 and 14.*

Holistic Mental Wellness

CENTER FOR INTEGRATIVE COUNSELING
Karen Kerr, LMSW
2010 Hogback Road, Ste. 6E, Ann Arbor
734-660-5610
Karen8Kerr@gmail.com
KarenPKerr.com

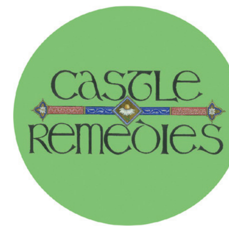


In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.



Homeopathic Pharmacy

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nuitional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 15.*

Lymphatic Bodywork/ Reiki

ELEVATE MIND & BODYWORK
Sarah Girard BS, LMT
1140 N. Wagner Rd., Ann Arbor
SarahGirard.lmt@gmail.com
Elevate.MassageTherapy.com



Take your wellness & spiritual journey to the next level. Sarah combines traditional "medical" Manual Lymphatic Drainage techniques with Reiki healing, breathing guidance, visualization & intuitive listening. All sessions are heart-centered, gentle, and geared towards radical self-love. Request an appointment today.

Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES
WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com



Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. *See ad page 23.*

Mold Testing & Remediation

MOLDPRO
John Du Bois, CMI, CMR
247 W. Main Street, Milan
734-439-8800 • MoldProllc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural Pet

DARWIN'S EDEN
Marsi@DarwinsEden.com
734-447-4303
DarwinsEden.com



This small no-kill farm near Chelsea was home of Guinness record World's Oldest Chicken Peanut. Her miraculous story is told, with pictures, in *My Girl Peanut & Me*, by Marsi Parker Darwin. *See Community Spotlight page 11.*

Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 14.*

Neurofeedback

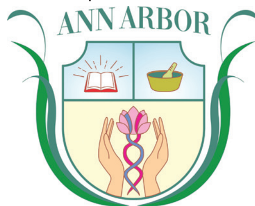
NEW MOON NEURO
105 E. Middle Street, Chelsea
734-210-1922
NewMoonNeuro.com



Located within ALCHEMY Holistic Collective, New Moon Neuro is the area's only IASIS Micro Current Neurofeedback Provider. Find lasting support for anxiety, depression, ADHD, insomnia, OCD, addiction, TBI, migraines, pain issues and more - for the entire family. *See ad page 9.*

School/Education

ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE
734-769-7794
NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net



Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is $50/hr.

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775



Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 9.*

Tai Chi & Qigong

PEACEFUL DRAGON SCHOOL
1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy. This class includes Wild Goose Form, stretching, meditation and self-acupressure.

Weight Loss

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY
734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 9.*

Wellness Centers

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 17.*





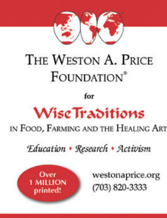


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Traverse City, MI
BloodWorkExpert.com

Part Two of Special Series on Fertility



Whole Health Approaches to Women's Infertility

by Dr. Susan Fox, DACM, LAc., FABORM

For many couples, starting a family marks a beautiful chapter of life. However, the path is not always straightforward for everyone. Tackling infertility can be an emotional rollercoaster, with emotions ranging from hope to heartache.

For women, the causes of infertility may range from health conditions like hormonal imbalances, ovarian dysfunction and endometriosis; and lifestyle causes such as poor diet, exposure to environmental toxins and weight management; to emotional and mental causes including anxiety, depression, stress and trauma.

Understanding the root causes of infertility is crucial; it's about unraveling the complex web of underlying issues. In addition to standard blood tests, there are new functional medicine tests for finding the root causes of infertility challenges, including a comprehensive assessment of hormonal imbalances, a test to assess microbiome and detect gastrointestinal pathogens, and a test that provides both insights into nutritional deficiencies and guidance on diet and supplementation.

Research indicates that obesity makes it harder to conceive and leads to more miscarriages. Being underweight increases the risk of ovulatory disorder. A functional medicine or integrative health approach includes managing diet and improving nutrition that also works to balance hormones and microbiomes.



Lifestyle habits like smoking and alcohol and caffeine consumption are also addressed.

A mother's toxic load can be passed to an unborn child through the umbilical cord. Detoxification prior to trying to conceive can improve not only the mother's whole health, but her fertile health and the health of her baby.

While not fully understood, research has indicated a correlation between increased stress and decreased likelihood of egg fertilization. Incorporating exercise and mindfulness practices such as meditation and yoga is part of a comprehensive approach to creating the ideal environment for a healthy pregnancy and delivery.

Susan Fox is a Doctor of Acupuncture and Chinese Medicine in Marin County, California, and has specialized in working with women and couples navigating fertility challenge for more than 20 years. Connect at HealthYouniversity.co and DrSusanFox.com.

There is hope! Learn more, access valuable resources today, and get your **COMPLIMENTARY ACCESS PASS** for the very special **January 20-25** fertility immersive event. Scan the QR Code.

